



# December Ageless

FREE

**A Newsletter for Juneau County Seniors & Adults with Disabilities**

**NOTES FROM HEIDI RANDALL, DIRECTOR**

Hello Everyone—

It is hard to believe that the end of the year is upon us again. I say this every year, but it seems like the years move faster and faster. Grandma was right! I bet you agree.....

The holidays are coming, and I know they can be hard for some people to get through. One way to make it easier is to cut back on a few of the things that we think we “have to” do each year. You don’t have to bake 5 kinds of cookies, make 2 or 3, and be happy with that. Reduce your Christmas card list down to the those whom you rarely see, and call local friends and family on the phone. Hearing your voice with a hearty hello and best wishes for a Happy Holiday Season still makes someone happy. Sit back and enjoy the season a little more by doing a little less. Your anxiety level, checkbook, and spirit just may be in a better state!

Looking back at 2014 brings me to a familiar place in that I like to thank everyone for their participation in our programs, for the many

hours of service to their community through our homebound meal and transportation programs, office assistance, holiday fairs, representation on our advisory committees, and all the little things that are done on a daily basis behind the scenes.

This is what makes communities strong and enables seniors and persons with disabilities to be able to remain in their homes. You are making a difference in so many lives, in so many ways... Thank you for your service!

As we look forward to 2015, we will strive to continue that very work. We are open to ideas you have in bringing other programs to the forefront. Funding is always an issue, but creative thinking can make things happen.

May the New Year bring you and yours the very best of everything! Stay warm and be kind to yourselves and your neighbors during this special season.....See you in 2015!!

**DECEMBER, 2014, ISSUE NUMBER 12**

# CENTER INFORMATION AND CONTACTS

## Our Mission

The Aging and Disability Resource Center of Eagle Country—Mauston is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life.



## Aging & Disability Resource Center of Eagle Country~Mauston

### Contact Information

Phone ..... 608-847-9371  
Toll Free ..... 877-794-2372  
Website.....[www.adrceagle.org](http://www.adrceagle.org)  
Office Hours ..... Monday-Friday, 8:00am-4:30pm  
Address..... 220 E. La Crosse Street  
Mauston, WI 53948

## Services

### Information & Assistance

### Transportation

The ADRC can connect you with access to transportation to reach your destination. Whether you need to get to a medical appointment or pick up groceries, the ADRC can provide you with a variety of options. Contact us to see what is available in your area.

### Wellness and Prevention

The ADRC provides access to many evidence prevention programs through partnerships with local hospitals, clinics, senior centers and fitness centers. Contact our Mauston office for a listing of programs in your area.

## Staff:

Heidi Randall, Director.....

Pat McCurdy, Adult Center/Transportation Coordinator .....

Karla Faulkner, Clerk Typist II.....

Cathy Spatola, Elderly Benefit Specialist.....

Norma Phillips, Medicare Part D Benefit Specialist.....

Barb Gartland, Disability Benefit Specialist..

Mary Murray, Information & Assistance Specialist.....

Nickie Preuss, Information & Assistance Specialist.....

Jennifer Brereton, Senior Bus/Van Driver.....

+++++

Pat McCurdy, Newsletter Editor ..... 608-847-9371  
[pmccurdy@co.juneau.wi.us](mailto:pmccurdy@co.juneau.wi.us)

Volunteers- Blanche Dallman, Carol Arens and Norma Smith

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Are you in need of a walker, wheelchair or shower chair? The ADRC has a lending closet.

We offer you the use of an item for no fee and when you are no longer in need of the item, you return it to us so someone else can use it. Call us at 847-9371



# DECEMBER 2014

## EVENT CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Holiday Craft Fair 9 a.m. to 4 p.m.	<b>2</b> Holiday Craft Fair 9 a.m. to 4 p.m.	<b>3</b> Holiday Craft Fair 9 a.m. to 4 p.m.	<b>4</b> Holiday Craft Fair 9 a.m. to 4 p.m.	<b>5</b> Holiday Craft Fair ends at the Adult Center	<b>6</b>
<b>7</b>	<b>8</b> Alzheimer Support Group Meeting 1:30 p.m. at ADRC, Rm 2	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Gingerbread House Day	<b>13</b>
<b>14</b>	<b>15</b> Committee on Aging and Disability Mtg 9:30 a.m. Rm 1 Courthouse	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b> First Day of Winter	<b>22</b>	<b>23</b>	<b>24</b> All mealsites and ADRC office closed for the holiday	<b>25</b> All mealsites and ADRC office closed for the holiday	<b>26</b> ADRC office is open	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> Happy New Year!	<b>National Tie Month</b>	<b>Safe Toys and Gifts Month</b>	

## Senior Bus Trips For December

**1st** Friday—Mauston to La Crosse Christmas Lights (leave at 1 p.m., bring canned goods for entry for first 3 Fridays)



**2nd** Friday —Elroy, Wonewoc, Union Center, and Camp Douglas to La Crosse Christmas Lights

**3rd** Friday—Lyndon Station, New Lisbon, and Necedah to La Crosse Christmas Lights

**4th** Friday —Mauston to Tomah (leave at 8:30)  
Lunch is Dutch treat.

.....



What's the difference between a luncheonette and a diner?

- A. There's no difference
- B. Counter guard
- C. Soup jockey
- D. Pancake kicker

Which of these isn't a dessert?

- A. Eve with a lid on
- B. Houseboat
- C. Nervous pudding
- D. Radio sandwich

Answers are on page 16, back cover

## Foot Health Clinics

With a Certified Nail Technician



**1st Tuesday, December 2, 9 am.—noon**

Juneau County Adult Center Call 847-9371

**Note Elroy back to original date**

**2nd Thursday, December 11, 9 am.—noon**  
Elroy Grace Lutheran Church Call 462-5175  
Cost is \$25.

Need help on a computer?

**ASK ME!**

The Computer Tutor



Monday thru Friday, 2pm-3pm at the  
Hatch Public Library in Mauston

## December Birthdays

- 1st Jo Ann Salava
- 4th Carole Krueger
- 6th Liz Willard
- 7th Lois Hall, Katie Connor, and Sherman Pagenkopf
- 10th Henry Schmid and Mary Neitzel
- 11th Marilyn Walden
- 13th Rusty Fitzgerald
- 16th Barbara K. Schramer
- 17th Hazel Kolar
- 21st Virginia Strege
- 28th Caroline Boldon and Tom Belsky





## Party Pinwheels

3 oz. cream cheese, softened

2 Tbsp. finely chopped onion

1 tsp 2% milk

1 tube (8 oz.) refrigerated crescent rolls

5 bacon strips, cooked and finely chopped

Preheat oven to 375°F. In a bowl, mix cream cheese, onion and milk. On a lightly floured surface, unroll the crescent dough into one long rectangle; press perforations to seal.

Spread with cream cheese mixture;

Sprinkle with bacon. Roll up jelly-roll style, starting with a long side; pinch seam to seal.

Using a serrated knife, cut roll crosswise into twenty-four (1/2 in.) slices. Place pinwheels on ungreased baking sheets, cut side down.

Bake 12-15 minutes or until golden brown. Refrigerate leftovers.  
(58 calories each!)

Please patronize the local businesses who advertise in this newsletter! They make our publication possible.

## Dr. Christopher Eckerman, DPM

Physician/Surgeon of the Foot and Ankle

Dr Eckerman, is seeing patients at two convenient locations:

### Mauston Clinic

Within PTWorks Physical Therapy 610 McEvoy Street, Mauston (conveniently located between McDonald's and Culver's)

### Reedsburg Clinic

Reedsburg Area Medical Center Specialty Group, 1104-21st Street, Reedsburg



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Camp Douglas, WI 54618

(608) 427-6848 office  
(608) 567-9919 cell  
don.root@mwt.net



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Lunch 11:30-1:30 • Dinner 5-8  
623 State Rd 82 847-1717

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## MILE BLUFF MEDICAL CENTER

### SUPPORT GROUPS

**Family & Friends Connection**– for more information, call 847-1838. This support network meets quarterly and is open to the family and friends of nursing home residents

- Thursday, November 6, 2-3 pm, Mile Bluff Medical Center Mauston

**Al-Anon Group**– For more information, call 608-562-5611

Mondays, 7pm, Mile Bluff Medical Center

**Grief Support Group**– For more information, call 608-847-1285

Thursday, December 4 and 18, 7pm. Mile Bluff Medical Center in Mauston

**AA Group**– For more information, call 608-847-6878, or call the AA Hotline at 608-222-8989.

Meetings take place in the Community Room on the 4th floor of Mauston's City Hall and are closed with no smoking.

- Mondays, 11am. Wednesdays, 1:30 pm. & Fridays, 7:30 pm

### HEALTH FAIR, SCREENINGS & SPECIAL EVENTS

**Free Blood Pressure Screenings**– Wednesday, December 3 1-3pm, Bank of Mauston, Hwy 82.

For more information, call 608-847-1845

**Health Fairs**– Appointments are required for all tests.

**Free** Blood sugar and blood pressure screenings  
Total cholesterol tests (no fasting) for \$10 or  
lipid profile tests (12-hour fasting) for \$20  
Heart disease and diabetes risk assessments

- Thursday, December 11, 7-11am, Mile Bluff Medical Center. Call 608-847-1845 for appointments.

Thursday, December 18, 7–11 am, Mile Bluff, Delton Family Medical Center, Lake Delton. Call 608-254-5888 for appointments.

**Kim Corbin Presentation**–For more information and to reserve your spot, call 608-847-2377. Join the tenants of Terrace Heights Retirement Community in welcoming back Kim Corbin as she talks about her collection of Christmas aprons. Tuesday, December 2, 2 pm at Terrace Heights Retirement Community in Mauston.

**Community Blood Drive**–For more information and to register, call the Blood Center of Wisconsin at 888-310-7555. Monday, December 8, 9 am to 2 pm, Mile Bluff Medical Center in Mauston.

**Medical/Missionary Trip Presentation**– For more information and to reserve your spot, call 608-847-2377. Join the tenants of Terrace Heights Retirement Community in welcoming Don and Sharon Rosine, as they talk about their recent medical/missionary trip to Albania. Monday, December 15, 2 pm at Terrace Heights Retirement Community in Mauston.

# MEALSITE MANAGERS' PAGE

From Lyndon Station:

How about the snow? We can get prepared for the months ahead—We are having a party at the meal site in Lyndon Station on December 18th at 11:30 a.m. Please call ahead at 666-2423 and let us know if you are coming. There will be door prizes by the Bank of Mauston. Start your Christmas shopping now and get a head start at the Holiday Craft Fair at the Adult Center in Mauston. Our drivers enjoy the home-bound persons we deliver to. You all are so delightful and happy to receive your meal. We get many thank yous for bringing your meal.

Betty Lackas, Site Manager

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Hello Again from Mauston! Another month has come and gone. Hope that all had a good turkey day. We sure have a wonderful meal at our house, with lots of family and good friends. All of us here at Mauston

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wish Pat a speedy recovery, and hope that she is back to work soon.

Another deer hunting season has come and gone. If anyone in your family or you got a big one and wish to share pictures, please bring them in.

Now remember not to be naughty, but nice, cause YOU KNOW WHO IS WATCHING (Santa). It is that time of year again.

Remember to put your emergency kits in your car if you are still driving with the cold weather right around the corner. Put in hats, gloves, boots, blanket, cat litter, something to drink and some candy bars. Stay safe. Remember the bad weather is coming. If you want to know if we are open, just listen to WRJC 92.1. If Mauston school is closed, then we are closed. Karie Puhl, Site Manager, Inventory Clerk

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# WONEWOC MENU

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December 2</b> Chicken Salad on Rye Bread Potato Chowder Garden Salad Salad Dressing Fresh Fruit	<b>December 3</b> Rosemary Pork Roast Baked Potato Sour Cream Green Beans Wheat Bread/Margarine  <b>Birthday Celebration Day</b>		<b>December 5</b> Fish Mashed Potatoes Coleslaw Breadstick/Margarine Brownie
<b>December 9</b> Turkey & Noodles Squash Mixed Green Salad Salad dressing Wheat Bread/Margarine Rice Pudding	<b>December 10</b> Sweet & Sour Pork White Rice Steamed Cabbage Breadstick Jell-O Parfait		<b>December 12</b> Fish Tator Tots Peas & Carrots Wheat Bread/Margarine Fruit
<b>December 16</b> Egg Salad Sandwich Wheat Bread Zesty Tomato Soup Fruit Cocktail Angel Food Cake/ Whipped Topping	<b>December 17</b> <u>Christmas Special</u> Roast Beef Mashed Potatoes/Gravy Glazed carrots Fruit salad Dinner Roll/Margarine Apple Pie		<b>December 19</b> Fish Baked Potato Corn Wheat Bread/Margarine Banana
<b>December 23</b> Chicken Broccoli Rice Casserole Vegetable Blend Wheat Bread/Margarine Peaches	<b>December 24</b> Closed for Holiday	<b>MERRY CHRISTMAS</b>	<b>December 26</b> Fish Green Beans Wheat Bread/Margarine Apple Crisp
<b>December 30</b> Ring Bologna Fried Potatoes/Onions Spinach Wheat Dinner Roll/ Margarine Bread Pudding	<b>December 31</b> Salisbury Steak Noodles Creamed Corn Coleslaw Wheat Bread/Margarine Fruit Crisp	<b>HAPPY NEW YEAR !!</b>	Bernie's Wagon Wheel II 229 Center St. Wonewoc 464-7217 Serving Time 11:30-12:15



# MENU FOR MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, AND LYNDON STATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>December 1</b> Chicken Salad on Rye Bread Potato Chowder Garden Salad Salad Dressing Fresh Fruit	<b>December 2</b> Beef Pizza Casserole Corn Caesar Salad Breadstick Mandarin Oranges	<b>December 3</b> Rosemary Pork Roast Baked potato Sour Cream Green Beans Wheat Bread/Margarine Frosted Brownie	<b>December 4</b> Chicken Breast on Bun Mayo Corn Chowder Marinated Veggie Salad  <b>Birthday Celebration</b>
<b>December 8</b> Tater Tot Casserole Peas and Carrots Wheat Bread/Margarine Fruit Mix	<b>December 9</b> Turkey and Noodles Squash Mixed Green Salad Salad dressing Wheat Bread/Margarine Rice Pudding	<b>December 10</b> Sweet and Sour Pork White Rice Steamed Cabbage Breadstick Jell-O Parfait	<b>December 11</b> Swedish Meatballs Whipped potatoes Broccoli and Carrots Wheat dinner roll/ Margarine Home baked cookie
<b>December 15</b> Chili Con Carne White Rice Mexicali Corn Cornbread Margarine Banana	<b>December 16</b> <u><b>Christmas Special</b></u> Roast Beef Mashed Potatoes/Gravy Glazed Carrots Fruit Salad Dinner Roll/Margarine Apple Pie	<b>December 17</b> Egg Salad Sandwich Wheat Bread/Margarine Zesty Tomato Soup Fruit Cocktail Angel Food Cake/ Whipped Topping	<b>December 18</b> Bratwurst/Bun Sauerkraut German Potato Salad Ketchup/Mustard Banana (Lyndon Sta. has their Christmas Party and menu)
<b>December 22</b> Meatloaf Roasted Red Potatoes Green Beans Wheat Bread/Margarine Apple Cobbler	<b>December 23</b> Chicken Broccoli Rice Casserole Vegetable Blend Wheat Bread/Margarine Peaches	<b>December 24</b> <b>Closed for Holiday</b>	<b>December 25</b> <b>Closed for Holiday</b>  <b>MERRY CHRISTMAS</b>
<b>December 29</b> Ring Bologna Fried Potatoes/Onions Spinach Wheat Roll/Margarine Bread Pudding	<b>December 30</b> Tuna Loaf Parsley Potatoes Creamed Peas Cornbread/Margarine Lemon Bar	<b>December 31</b> Salisbury Steak/Noodles Creamed Corn Coleslaw Wheat Bread/Margarine Fruit Crisp	Mauston -847-9371 Necedah -547-3125 Camp Douglas-427- 3287 New Lisbon -562-6592 Lyndon Station 666-2423

# ELROY MENU

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>December 1</b>  Tator Tot Casserole Cauliflower/Cheese Sauce Fruit Dinner Roll Brownie	<b>December 2</b>  Baked Chicken Potatoes/Gravy Carrots Cranberries Dinner Roll Fruit	<b>December 4</b>  Hot Beef /Gravy Over Noodles Stewed Tomatoes Dinner Roll Fruit Pie	<b>December 5</b>  Ham Boiled Dinner W/Vegetables Tossed Salad Dinner Roll Peaches Cake
<b>December 8</b>  Lasagna Calif Blend Veggies Fruit Garlic Bread Fruit Crisp/Topping	<b>December 9</b>  Hot Pork Sandwich Potatoes/Gravy Sauerkraut Green Beans Dinner Roll Cake/Frosting	<b>December 11</b>  Creamed Chicken over Baking Powder Biscuit Squash Cranberries Mixed Fruit	<b>December 12</b>  La Farge Bologna Cheesy Hash Browns Baked Beans Pickles Fruit Dinner Roll
<b>December 15</b>  Ham Sandwich Cheese Slice Cream of Broccoli Soup Fruit Salad Cookie or Bar	<b>December 16</b> <b><u>Christmas Party</u></b>  Ham Slice & Swedish Meatballs Glazed Carrots Salad Dinner Roll Cherry Cheesecake	<b>December 18</b>  Meatloaf Potatoes/Gravy Peas Dinner Roll Fruit	<b>December 19</b>  Fish/Tartar Sauce Oven Browned Potatoes Harvard Beets Dinner Roll Baked Custard Coleslaw
<b>December 22</b>  <u>Cook's Choice</u> Meat Potatoes Vegetable Dinner Roll Fruit	<b>December 23</b>  BBQ Ribs Au gratin Potatoes Broccoli Cinnamon Roll Fruit	<b>December 25</b>  Closed no meals Served  Christmas Day	<b>December 26</b>  Spaghetti Pizza Casserole Broccoli Salad Tropical Fruit Garlic Bread Cake/Frosting
<b>December 29</b>  Breaded Pork Chops Baked Potatoes Carrots Applesauce Dinner Roll Lemon Dessert	<b>December 30</b>  Beef Roast Potatoes/Gravy Corn Pickled Beet Slices Dinner Roll Bar	<b>Grace Lutheran Church</b> 226 Erickson St. Elroy, WI	462-5175 Suggested Donation \$3.75

# FUN & GAMES

L N N U I O L R P E A N U T  
 A G L N B D I M E O B E H A  
 D F A K O T A C R H E T L R  
 Y E T T O T I U Q S O M E F  
 B L F K S R T L Q M M K Q E  
 U P A O C P R U E O A R O E  
 G P Q R S A L T B L A D O A  
 C O N F E T T I F I B F C O  
 Q R O P Y S H W N G D B F G  
 B D A E B B O D K T S E E D  
 P M L I R N R O C A E R W P  
 I U U L S O N G E L B R A M  
 B G B R P I S L P C L Y M W  
 S U W E C D N A S E F H M M

ACORN  
 AMOEBA  
 BEAD  
 BEAN  
 BERRY  
 BUTTON  
 CONFETTI  
 CRUMB  
 DIME  
 FLEA  
 GUMDROP  
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 MARBLE  
 MOSQUITO  
 MOTH  
 PEANUT  
 PEARL  
 PEBBLE  
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# CAREGIVER ASSISTANCE NEWS

## Be Safe From Fire

Every year in America, over 4,000 people die and more than 20,000 are injured in fires. Around 80% of those fires are in homes. Most of those injuries could be prevented with some safety steps. ***Older adults are more than twice as likely to die in a home fire than other age groups.*** People over the age of 80 die in fires at a rate three times higher than the rest of the population. Poor vision, limited mobility, hearing loss, a reduced sense of smell, medication side effects (drowsiness) and dementia all contribute to the danger of fire for seniors. Caregivers can help prevent tragedies by *reducing the chance* of the person in their care being killed or injured by a fire.

### The Home Fire Escape Plan

More than 50% of home fire deaths occur between 10:00 PM and 6:00 AM when most people are sleeping. People with disabilities may have physical limitations and a decreased ability to react in a fire emergency. Special fire warning devices are available, such as smoke alarms with a vibrating pad or flashing light for the deaf and hard of hearing. Draw a fire escape plan on paper and plan the escape around the person's capabilities.

#### ***Three essential bedside items:***

Eyeglasses, whistle and a phone. You need your glasses to see how to escape from fire and avoid injury. The whistle lets people know where you are so that you can be rescued and helps you warn others of fire. If you are trapped, the phone will let you call for help. Remember, your first priority is to *get out of the building*. Don't stop to call the fire department until you are safely outside.

***Plan your escape route:*** Know two ways out of every room—a primary and back-up routes mapped out for each room. Ensure escape routes are wide enough for a walker or wheelchair and remove items that may block

your way out. *Practice getting out.* If you have practiced escape routes, your memory and instinct will help you move in the right direction.

***Check windows from which escape is planned:*** Can you open the window? Be sure exits *allow* you to exit!

***Share your escape plans*** with your family, the building managers or neighbors. Everybody should know where to meet outside the building and what routes everyone is taking.

***If you have impairments*** that might make it difficult for you to escape from fire, let your local fire department and other emergency service providers know. Many departments issue special window stickers to mark the bedrooms of people with special needs.

## The Big Four Fire Starters

**1. Smoking.** Smokers are seven times more likely than nonsmokers to be fire victims. Smoking materials are the *number one* cause of home fires that kill seniors. Practice safer smoking habits: Never leave smoking materials (cigarettes, cigars, pipes, lighters,) unattended. Use wide-lipped "safety ashtrays." Douse ashtrays with water and empty them into a metal container before going to bed. Make it a RULE to never smoke in bed, while lying down, or on upholstered furniture—especially when you are drowsy or taking medication that makes you sleepy. Check all furniture and carpets for fallen cigarettes and ashes before leaving home or going to sleep. Set your cigarette lighter on "low" to prevent burns. Keep all smoking materials out of bedrooms.



Set your cigarette lighter on “low” to prevent burns. Keep all smoking materials out of bedrooms. Burning bedclothes can create a fire from which escape is impossible and toxic fumes from the smoke can kill. ***Never allow smoking near an oxygen tank.***

**2. Heating equipment.** Many people use space heaters during cold weather months. However, space heaters are responsible for two out of every three home-heating fires. Especially dangerous are kerosene heaters, woodstove, and electric space heaters. Buy only UL approved heaters and use only the manufacturer’s recommended fuel for each heater. When purchasing an electric space heater, look for heaters with automatic shut-off features. Do not use electric space heaters in the bathroom or other wet areas. Give space heaters space. Place heaters at least three feet from any combustible material, such as bedding, furniture, fabric and paper. Once a year, have chimneys, fireplaces, wood stoves and furnaces serviced.

*Never use a cook stove to heat your home.*

**3. Cooking** is the third leading cause of fire deaths. For the elderly, the kitchen can be a dangerous place. *Most kitchen fires occur when cooking food is left unattended.* If you must leave the kitchen while cooking, turn off the burner. If there’s something in the oven, check it every 15 minutes. Use a bell timer to remind you. If you leave the kitchen briefly, carry a spoon or pot-holder with you to remind you to return. If a fire starts in a pan, put a lid on it. *Never throw water on a grease fire.* Keep flammable liquids, like alcohol and cooking oils, and paper away from the stove. Keep a fire extinguisher in the kitchen (but not right next to the stove) and learn how to use it. Wear snug clothing without loose, dangling sleeves; don’t leave paper towels and plastic wrap near the stove; and remove flammable liquids from the kitchen.

Never leave the stove unattended.

**4. Faulty wiring.** Many seniors live in older homes with wiring problems. Regularly inspect extension cords for exposed wires or loose plugs. Unplug them when not in use. If you need to plug in two or three appliances, lamps, etc. get a UL approved unit with built in circuit breakers.

• Taking care of yourself— **Blogging—A great pastime**

**In a world of social networking, the elderly have found a perfect pastime—blogging.**

- ◇ It keeps retired people socially connected and helps avoid a lonesome and isolated lifestyle.
- ◇ It creates a new, extended social circle for seniors even after they leave the company of colleagues in the workplace.
- ◇ It keeps the elderly updated with new trends.
- ◇ Skype and email help people with mobility issues keep up with family and friends.
- ◇ Blogging gets the thinking process active and helps mental focus.

*Inspiration*

You can disagree with an argument, but not with a personal experience.

**Don’t Fall —Be Safe**

Stop walking or rolling when you’re using your mobile or smart phone.

## More Older Adults Struggling with Substance Abuse

*By the GWAAR Legal Services Team*

The abuse of alcohol and controlled substances is on the rise in older Americans according to a study in the journal *Addiction*. An estimated 2.8 million older adults in the United States meet the criteria for alcohol abuse, while that number is expected to reach 5.7 million by 2020. A 2013 report found that the rate of illicit drug use is up as well — from 2.7% in 2002 to 6% in 2013. While substance abuse is increasing, so is the number of individuals seeking treatment for such issues. In 2008, 231,200 people aged 50 and older sought treatment for substance abuse — up from 102,700 in 1992 according to the federal Substance Abuse and Mental Health Services Administration.

Experts cite an assortment of reasons that may cause older persons to suffer from substance abuse or dependence. Peter A. Bamberger and Samuel B. Bacharach co-authored a study titled, “Retirement and the Hidden Epidemic,” funded by the National Institutes of Health (NIH) to study substance abuse in older adults. They found that the impact of retirement on substance abuse was “anything but clear cut, with the conditions leading to retirement and the economic and social nature of the retirement itself, having a far greater impact on substance use than simple retirement itself.” Some retirees are lonely and depressed turning to alcohol or drugs to quell mask these difficulties. Others may drink to deal with the loss of family, friends, colleagues, and careers. Simple boredom is also a common cause of substance abuse in older persons. Another cause is a metabolic slow down in later years. Someone who once may have been able to drink two or three glasses of wine and feel no loss of con-

may have more difficulty processing that volume of alcohol later in life.

Additionally, many physicians are not properly trained in diagnosing or discussing substance abuse issues with older people. Some signs of chemical dependence, such as memory loss and disorientation, may be misinterpreted as symptoms of aging.

Another misconception is that older adults do not benefit from treatment. Paul Sacco, an assistant professor of social work at the University of Maryland, who researches aging and addiction says, “There’s this lore, this belief, that as people get older they become less treatable. But there’s a large body of literature saying that the outcomes are as good with older adults.”

To read more:

[www.nytimes.com/2014/10/04/business/more-older-adults-are-struggling-with-substance-abuse.html?r=1](http://www.nytimes.com/2014/10/04/business/more-older-adults-are-struggling-with-substance-abuse.html?r=1)



## Almost Like home...but Not Quite?

During the holidays families gather to renew ties and celebrate yearly traditions. Often this means “going home” to the homestead—the place where children were raised and parents still live.

Imagine yourself sitting down to a savory holiday meal—candlelight, mounds of food, your mouth is watering, and as the food hits your lips your memory of Mom’s favorite recipe is in your mind. Then—hmm this is...NOT the way Mom always makes it! From the faces looking back at you around the table everyone else realizes it too. In fact, Mom refused to let anyone into the kitchen this year and was very insistent on doing things herself. You also recall that during the night you had hear mom and dad arguing at 2:00 am, and then there was Mom’s checkbook that you found in the fridge...almost like home, but not quite.

What do these things that are “off” actually mean? Mom may have some of the early hallmarks of dementia. Dad may be compensating for her losses and stressed by being her sole caregiver. They could both be too proud to admit that anything is wrong. So mom banned you from the kitchen because she was too ashamed for you to discover her memory loss and confusion. Dad was, once again, trying to prevent Mom from leaving the house at 2:00 am in just her nightgown. He hasn’t had a reasonable night’s sleep in months...and he wants to protect the kids from seeing their mother like this.

No one in the family really knows the truth. If it is suspected, all are fearful of admitting it, so they deny that anything is really “that” wrong. Discussions between siblings are difficult and riddled with “family baggage” so things won’t be decided anyhow, so you think.

So what do we do if WE happen to be one of the people in this picture? TAKE ACTION. Not doing so invites a crisis to settle the situation. Then the family MUST deal with issues under time constraints, emotional duress and financial stress. Fortunately there are things that you can do to help in a situation like this.

Wisconsin’s Dementia Care System Redesign prioritizes assisting family caregivers and people living with dementia in the community. Call your County’s Aging and Disability Resource Center (ADRC), or Aging Department. Specially trained staff will help. The local number for Juneau County is 608-847-9371 or toll free, 877-794-2372. Dementia Care Specialists, now in 26 counties, can assist with getting a diagnosis, finding the right care for your situation, education about dementia and facilitating family discussions to make decisions. Options Counselors at the ADRC will work with you to find financial solutions.

Dementia is more common than most people realize. You and your family are not alone—when you reach out to the ADRC, there are others who understand that are reaching back. There is no cost for these services, and a lot of help available. Next year you will be able to make Mom’s favorite recipe for HER, and know that the road ahead is a journey you can travel together.

Cathy Kehoe  
Dementia Care Specialist  
Jefferson County Human Services  
Aging and Disability Resource Center

For more information about local resources give our office a call at 608-847-9371 and speak with an Information and Assistance Specialist.

Our local Alzheimer Support Group meets on a monthly basis on the second Monday of the month at 1:30 p.m. We also have a large library of materials for caregivers of all types, including books, tapes, and some cd’s. We are happy to speak with you or your family members about services to assist you staying at home in a safe environment.





2015!!!  
SEE YOU IN  
CENTERS!!  
THE SENIOR DINING  
THE ADRC AND ALL OF  
ALL OF THE STAFF AT  
HAPPY HOLIDAYS FROM

++++  
Elroy meal site for December:

Here it is the last month of 2014. With Christmas fast approaching, it will be here before we know it. May everyone have a Blessed Christmas. Enjoy the time you spend with family and friends.

The Dr. Andersons from Elroy Chiropractic Center will once again be sponsoring the Christmas Dinner at the Elroy Meal Site on December 16th. Make sure you call 462-5175 if you plan on attending. Don't forget to THANK the Doctors for their generosity.

If you are looking for a Christmas gift for anyone 60 and older, call us about a gift certificate from the meal site. The Elroy Meal Site can always use volunteers. If you are interested in donating a few hours a week, let us know.

The birthdays for December are as follows: Dec. 3 Harry Hinzpeter, Dec. 6—Verna Travis and Lorna Martin, Dec. 10—Henry Schmid, Dec. 11— Mary Ann

Cleary, Dec. 14—Magla Moore and Dec., 20, Ken Anderson. We wish all of these people a “ Happy Birthday.”

Please come and check out our meal site at Grace Lutheran Church—226 Erickson Street, Elroy, WI. Join your friends for a good home cooked meal, friendship, and fun. Call 462-5175 for more information.

Karen Nelson  
Elroy, Site Manager

Answers to **Memory Lane** on Page 4

Which of these isn't a dessert: A is slang for apple pie, B is a banana split; C is gelatin; D is a tuna fish sandwich.

What's the difference between a luncheonette and a diner?  
B A luncheonette is usually inside a department store.